

MEALS ON WHEELS MENU

JANUARY 2023


NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 Online www.mowncnct.org/cancel-my-meal


CHOICE A	2  Office Closed	3 Pork Chop Patty w/ Gravy Sweet Potato Brussels Sprouts WW Roll Orange-Pineapple Juice	4 Black Beans & Rice w/Corn Carrots WG Bread Apple Juice	5 Sesame Chicken Broccoli w/ Shredded Carrots Cauliflower w/ Red Pepper WW Roll Orange Juice	6 Bean Burrito w/ Queso Parsley Corn Carrots WG Bread
	OR	OR	OR	OR	OR
CHOICE B	2  Office Closed	3 Meatloaf w/ Gravy Stewed Tomatoes Skin-on-Potatoes WW Roll Orange-Pineapple Juice	4 Chicken Marsala Butternut Squash Green Beans WW Roll Margarine Cup	5 Cheese Omelet Fruited Granola Breakfast Potatoes WG Bread Apple Juice	6 Macaroni & Beef Casserole Spinach California Blend Vegetables WW Roll
	OR	OR	OR	OR	OR
CHOICE A	9 Fish Nuggets Garlic Mashed Potatoes Carrots WW Roll Chocolate Chip Cookie	10 Steak Patty w/ Picadillo Sweet Potato Green Peas WW Roll	11 Sweet & Sour Pork Fried Rice Corn WW Roll Applesauce	12 Cavatappi Bolognese Italian Vegetable Medley WG Bread Pineapple Juice	13 Southern-Style Fish Fingers Cheesy Mashed Potatoes Broccoli WW Roll Blended Juice
	OR	OR	OR	OR	OR
CHOICE B	9 Salisbury Steak Mixed Vegetables Brown Rice WG Bread	10 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Orange-Pineapple Juice	11 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll Applesauce	12 Pollock Filet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Margarine Pineapple Juice	13 Three Cheese Macaroni & Cheese Green Beans WW Roll Blended Juice
	OR	OR	OR	OR	OR

CONTINUED ON NEXT PAGE

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat

CHOICE A	16  Office Closed	17 Cheese Omelet Strawberry Compote Wheat Pancakes WG Bread Orange Juice	18 Vegetarian Chili Carrots WW Roll Applesauce	19 Veal Chop w/ Mustard Sage Sauce Potatoes Butternut Squash WW Roll Chocolate Chip Cookie	20 Meatballs w/ Cavatappi Pasta Broccoli WW Roll Apple Spice Cookie
	OR	OR	OR	OR	OR
CHOICE B	16  Office Closed	17 Hamburger on Whole Grain Bun Mashed Potatoes Carrots Ketchup/Mustard	18 Beef Patty w/ Gravy Mixed Vegetables Garlic Mashed Potatoes WW Roll	19 Cheese Lasagna Roll- up w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Sugar Cookie	20 Honey Mustard Chicken Garlic Mashed Potatoes Carrots WW Roll Margarine

CHOICE A	23 Manicotti Alfredo w/ Vegetable Sauce Corn & Carrots WG Bread Pineapple Juice	24 Cavatappi Bolognese Italian Vegetable Medley WW Roll Applesauce	25 Beef Teriyaki White Rice Mixed Vegetables WW Roll Blended Juice	26 Western Omelet Breakfast Potatoes Strawberry Applesauce WW Roll	27 Twisted Mac N Cheese Carrots WG Bread Margarine
	OR	OR	OR	OR	OR
CHOICE B	23 Diced Chicken Green Beans Yellow Rice w/ Tomatoes & Chive WW Roll	24 Three Bean & Beef Chili Squash Medley WW Roll Orange Juice	25 Chicken & Gravy Brussels Sprouts Potatoes WW Roll Blended Juice	26 Chicken Stew Carrots Strawberry Crisp WW Roll	27 Chicken w/ Italian Sauce Garlic Mashed Potatoes Green Beans WW Roll Orange-Pineapple Juice

CHOICE A	30 Beef Patty w/ Pizzaiola Sauce Green Beans Pineapple Mandarin WW Roll	31 Pork Chop Patty w/ Gravy Sweet Potato Brussels Sprouts WW Roll Orange-Pineapple Juice			14 
	OR	OR	OR	OR	OR
CHOICE B	30 Twisted Mac N Cheese Carrots WG Bread Margarine	31 Meatloaf w/ Gravy Stewed Tomatoes Skin-on Potatoes WW Roll Orange-Pineapple Juice			

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